

PTSD Nexus Prep Checklist

Organize sensitive facts carefully before qualified clinical or accredited review.

Prepare the stressor and timeline

- ☐ Write the relevant service period, unit, location, and approximate timeframe as accurately as possible.
- ☐ Identify records, reports, awards, deployments, or statements that may support the stressor.
- ☐ Note treatment history, diagnosis history, medications, therapy, and hospitalizations if relevant.
- ☐ Decide what details you are ready to share and what should wait for a qualified professional.

Describe current impact

- ☐ Track sleep, concentration, panic, avoidance, mood, relationships, work, and safety concerns.
- ☐ Add frequency, duration, triggers, and changes over time when you can do so safely.
- ☐ List buddy or family observations that may support daily-impact facts.
- ☐ Keep crisis or urgent care information separate and accessible if needed.

Use qualified review

- ☐ Bring records and questions to a qualified clinician or accredited helper.
- ☐ Do not create or sign a medical opinion yourself.
- ☐ Do not push beyond what you are ready to discuss in a public or shared setting.
- ☐ Use official VA guidance for forms and evidence requirements.

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